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SUELFOW SCARES WOMEN'S EVENT RECORD AT SUPERIOR NIGHTMARE 5K

Vork Wins Second Straight Men's Title, Joins Behling as Repeat Winner

(SUPERIOR, WIS.) --- In a race billed for its haunted hijinks and scary surprises, 18-year-old Kahlen Suelfow came frighteningly close to breaking the women's event record on Saturday morning at the Superior Nightmare 5K.

Suelfow, from Sauk Centre, Minn., finished in 19:57 and was just a second off the record pace from one year ago ran by Lauren Dynek. Suelfow was 45 seconds better than runner-up Rochelle Wirth, from Duluth, Minn., who finished in 20:42 and narrowly missed what would have been her fourth win at this event.

Carter Vork, meanwhile, won the men's race for the second year in a row, finishing in 16:59 to become just the second men's runner to win twice at this event. Vork's time of 43 seconds better than that of runner-up Bryan Cook, both from Duluth, Minn.

Shea Callaghan, from Duluth, Minn., won the non-binary race with a time of 34:17, becoming the first-ever non-binary champion at this event since the category began being offered.

603 participants finished the Superior Nightmare 5K on Saturday morning, making it the event's largest turnout since its inaugural year of 2019.

Full results of the 2025 Superior Nightmare 5K can be found [HERE](#).

For any questions or interview requests, please contact Marketing & Public Relations Director Zach Schneider via phone at (218) 343-9874 or via email at zach@grandmasmarathon.com.

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YOUNG ATHLETES FOUNDATION

The mission of the Young Athletes Foundation (YAF) is to assist in the promotion, development, and growth of youth athletics and activities that encourage physical fitness, mental, and emotional well-being.

Since its inception in 1990, the YAF has contributed more than \$1.8 million of community support through our grant program, running shoe program, and both the Eleanor Rynda and Steve & Carolyn Mather scholarships. The organization also hosts several kids' events throughout the year including our Wednesday Night & Saturday Morning at the Races series.

The YAF's mission is helped and funded by various road races throughout the year --- KP Challenge, Saint Fennessy 4K, Fitger's 5K, Park Point 5-Miler, Minnesota Mile, and Superior Nightmare 5K.

